

## Module 8. The Momentum of Reinvention: Your Action Plan

[illegible]

*Author, Explorer, Photographer*

[illegible]

- Understanding the elements of reinvention necessary to deal with the challenges of uncertainty.
- Inventorying and identifying your transferable skills.
- Using resilience as a tool for recognizing and managing the emotional impacts of uncertainty.
- Creating an action plan designed to both empower staff and maximize positive aspects of existing and upcoming changes.



---

---

---

---

---


---

What Are Your Next Steps?

- Implementing Your Action Plan
- Maintaining Your Momentum
- What's Next?

- Conclusions



4

---

---

---

---

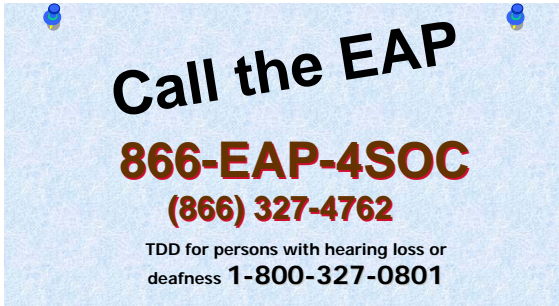
---


---

---

---

Remember Your EAP





5

---

---

---

---

---

---

---

---

Resources

- CDCR Office of Employee Wellness  
855-897-9822
- Your local Peer Support Team
- CDCR Layoff Resources website:  
<http://www.cdcr.ca.gov/layoffresources/Index.html>
- EAP
- Other



6

---

---

---

---

---

---

---

---